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# GNAC and NCAA Track and Field Outdoor Qualifying Marks

Great Northwest Athletic Conference

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# GNAC and NCAA T&F Outdoor Qualifying Marks

## Men

Event	2011 GNAC		2011 NCAA	
	Automatic	Provisional	Automatic	Provisional
100	10.97	11.34	10.38	10.60
200	22.41	22.87	20.88	21.45
400	49.85	50.75	46.42	48.00
800	1:54.52	1:57.40	1:49.90	1:52.55
1500	3:55.57	4:02.55	3:45.50	3:52.50
Mile #			4:03.50	4:10.60
5000	14:50.37	15:34.51	14:00.00	14:35.00
10,000	32:14.30	33:17.22	29:24.60	30:40.00
Steeplechase	9:37.38	10:02.45	8:56.00	9:20.00
110 Hurdles	15.67	17.84	14.09	14.65
400 Hurdles	55.83	57.45	51.74	53.90
4x100 Relay	Mark Required		40.19	41.35
4x400 Relay	Mark Required		3:09.10	3:15.00
High Jump	1.93 – 6-4	1.83 – 6-0	2.17 – 7-1 ½	2.05 – 6-8 ¾
Pole Vault	4.31 – 14-1 ¾	4.10 – 13-5 ¼	5.13 – 16-10	4.85 – 15-11
Long Jump	6.51 – 21-4 ¼	6.21 – 20-4 ½	7.54 – 24-9	7.15 – 23-5 ½
Triple Jump	13.73 – 45-0 ½	12.87 – 42-2 ¾	15.64 – 51-3 ¾	14.50 – 47-7
Shot Put	14.30 – 46-11	13.05 – 42-9 ¾	17.79 – 58-4 ½	16.10 – 52-10
Discus	44.80 – 146-11	40.86 – 134-0	54.37 – 178-4	49.50 – 162-5
Hammer	48.57 – 159-4	41.33 – 135-7	62.29 – 204-4	55.50 – 182-1
Javelin	55.94 – 183-6	50.08 – 164-3	64.97 – 213-2	59.00 – 193-7
Decathlon	5,718	4,775	6,994	6,300

## Women

Event	2011 GNAC		2011 NCAA	
	Automatic	Provisional	Automatic	Provisional
100	12.43	12.81	11.56	12.05
200	25.77	26.65	23.83	24.65
400	59.01	1:00.78	54.68	56.30
800	2:16.13	2:21.37	2:09.61	2:14.00
1500	4:35.48	5:02.06	4:27.50	4:36.00
Mile #			4:49.10	4:58.20
5000	18:25.47	19:23.26	16:39.30	17:20.00
10,000	38:50.27	42:14.71	35:00.00	36:40.00
3000 Steeplechase	11:49.10	12:37.14	10:30.00	11:10.00
100 Hurdles	15.19	15.79	13.65	14.45
400 Hurdles	1:05.28	1:08.11	59.80	1:03.00
4x100 Relay	Mark Required		45.81	46.40
4x400 Relay	Mark Required		3:41.80	3:50.00
High Jump	1.61 – 5-3 ¼	1.53 – 5-0 ¼	1.75 – 5-8 ¾	1.68 – 5-6
Pole Vault	3.30 – 10-9 ¾	2.91 – 9-6 ½	3.95 – 12-11 ½	3.60 – 11-9 ¾
Long Jump	5.34 – 17-6 ¼	5.02 – 16-5 ½	6.01 – 19-8 ¾	5.65 – 18-6 ½
Triple Jump	11.31 – 37-1 ¼	10.57 – 34-8	12.41 – 40-8 ¾	11.65 – 38-2 ¾
Shot Put	12.24 – 40-2	11.00 – 36-1	14.74 – 48-4 ½	13.40 – 43-11 ¾
Discus	39.87- 130-9	36.06 – 118-3	48.18 – 158-1	43.00 – 141-1
Hammer	44.79 – 146-11	39.36 – 129-1	55.65 – 182-7	49.50 – 162-5
Javelin	42.14 – 138-3	36.21 – 118-9	45.66 – 149-10	40.00 – 131-2
Heptathlon	4,348	3,328	5,100	4,400

**Note:** Each team is allowed a free entry in the decathlon and heptathlon. No mark is required. Each team is also allowed two additional free entries in each gender. Athletes with provisional marks will be allowed into the meet if they are among the Top 16 declared athletes into the championship. There is no qualifying standard in the relays, but number of entries (based on season best marks) will be based on the number of available lanes. A mark is required.